


JULY 2015



ARNOLD F. HABIG COMMUNITY CENTER
OLDER AMERICANS
 1301 St. Charles Street, Jasper, IN 47546
 Phone: 812-482-4455
 Web Site: www.jasperindiana.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Staff Carie Dick-Director Bev Hinkle-Assistant Director Cheri Brosmer-Receptionist Van Drivers: Tanya Jackson & Bernie Schaeffer			1 9 - 10:30 FREE Computer Assistance 11:00 Water Aerobics 12:30 Mah Jongg and Dominoes	2 7:30am-Sign-up for Cincinnati ball game ✓ 9:00 Exercise Class 9:45 Exercise Class 12:30 Cinch Tourney	3 CENTER CLOSED/ 4TH OF JULY HOLIDAY 	4
5 Center Open 1 to 4	6 9:00 Exercise Class 9:45 Exercise Class 11:00 Water Aerobics 12:30 Hearts 3:00 Money Due for Vincennes Trip ✓	7 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	8 9 - 10:30 FREE Computer Assistance 11:00 Water Aerobics 12:30 Mah Jongg and Phase 10	9 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney 12:30 Book Club	10 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Tripoly	11
12 Center Open 1 to 4	13 9:00 Exercise Class 9:45 Exercise Class 11:00 Water Aerobics 12:30 Texas Holdem	14 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Golf 3:00 RSVP due Catered Meal ✓	15 9 - 10:30 FREE Computer Assistance 11:00 Water Aerobics 12:30 Mah Jongg 12:30 Pay Me	16 9:00 Exercise Class 9:45 Exercise Class 12:30 Sheephead Tourney 12:30 Hand and Foot	17 8:30 Mah Jongg 10:00 Singing Seniors @ Brookside Village 12:30 Dominoes 3:00 RSVP due Boomerama ✓	18
19 Center Open 1 to 4	20 9:00 Exercise Class 9:45 Exercise Class 11:00 Water Aerobics 12:00 Boomerama 12:30 Hearts	21 7:30 Sign up for Ellis Park ✓ 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	22 9 - 10:30 FREE Computer Assistance 12:00 Catered Meal 12:30 Mah Jongg	23 9:00 Exercise Class 9:45 Exercise Class 12:30 Euchre Tourney	24 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Golf 3:00 Money Due for Reds Game ✓	25
26 Center Open 1 to 4	27 9:00 Exercise Class 9:45 Exercise Class 11:00 Water Aerobics 12:30 Dominoes 12:00 RSVP Lunch Bunch ✓	28 8:00 Leave Jasper High School for Vincennes ✓ 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Phase 10	29 9 - 10:30 FREE Computer Assistance 11:00 Water Aerobics 12:30 Mah Jongg 12:30 Tripoly	30 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney	31 8:30 Mah Jongg 10:00 Singing Seniors 11:00 Lunch Bunch 12:30 Pay Me	

JULY HOMEBOUND 2015

THANK YOU FOR YOUR DONATION. PLEASE ASK THE DELIVERER FOR DONATION ENVELOPES WHEN YOU RUN OUT.

SUN	MON	TUE	WED	THU	FRI	SAT
Dubois, Daviess, Martin, Pike GENERATIONS NUTRITION Menu Subject to Change without notice. Meals served with milk & margarine			1 Chicken & Rice Broccoli Hot Spiced Pears Wheat Bread	2 Breaded Cod Mixed Vegetables Seasoned Potatoes Grandma's Cookies Wheat Bread	3 Sloppy Joe Cheese Potatoes Peas Fresh Apple Bun	4
5	6 Chicken Patty /Gravy Mashed Potatoes Carrots Pudding Wheat Bread	7 Smoked Sausage Onions/Peppers Potatoes Sauerkraut Juice/Bread	8 Ham & Beans Cornbread Spinach Oatmeal Pie	9 Hamburger/Cheese Potatoes Green Beans Granola Bar Wheat Bread	10 Grilled Cheese Sandwich Soup Peaches Crackers/Cookie	11
12	13 Hot Dogs Baked Beans German Potato Salad Pineapple Bun	14 Cheese Omelet Potato Rounds Stewed Tomatoes Orange Juice Wheat Bread	15 Sausage Gravy Biscuits Hashbrowns Fresh Orange Cookie	16 Meatloaf Diced Potatoes Corn Graham Crackers Wheat Bread	17 Tuna Peaches Salad Potato Chips Wheat Bread	18
19	20 Salisbury St/Gravy Mashed Potatoes Vegetable Blend Mixed Fruit Wheat Bread	21 Parmesan Chicken Stewed Tomatoes Potatoes Grape Juice Wheat Bread	22 Teriyaki Chicken Sliced Potatoes Lima Beans Pears Wheat Bread	23 BBQ Rib Corn Broccoli Granola Bar Wheat Bread	24 Soup Sandwich Hot Apples Slaw	25
26	27 Swedish Meatballs Broccoli Carrots Mixed Fruit Wheat Bread	28 Pork BBQ Baked Beans Peas & Carrots Pineapple Juice Wheat Bread	29 Lasagna Roll Ups Green Beans Hot Roll Applesauce Cookie	30 Breaded Cod Mixed Vegetables Seasoned Potatoes Cookies Wheat Bread	31 Chef Salad Boiled Egg & Cheese Mandarin Oranges Oatmeal Pie Crackers/Dressing	

**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



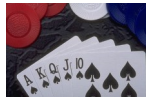
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. Exercise and enjoy the beautiful Summer weather.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER
JULY, 2015**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. Ryan is here to assist you every Wednesday from 9-10:30 a.m. and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every **Tuesday morning from 10 to 12.** Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational & a super way to meet new friends.



July 7th - Magnetic Bead Jewelry

July 14th - Décor Flower Pots

July 21st - Southwest Ceramics

July 28th - Decal on China and fire

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at Brookside Village **on Friday July 17th.**



- **BINGO:** Will be played at **12 p.m. Tuesdays, July 7th and 21st.** We ask you to keep bills to \$5 and under. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**

B I N G O									
7	25	44	57	62					
15	22	40	50	70					
11	30			46	74				
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays July 7th and 21st.**



- **EXERCISE CLASS:** Every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!

- **EXERCISE CLASS** Come in at **9:45 a.m. on Monday & Thursday mornings** for a group exercise. It is a great way to get your heart pumping. A staff member is with the group and will help guide you as you go at your own pace.



CARD TOURNEYS



- **Thursday, July 2nd**
Cinch Tourney
- **Thursday, July 9th**
Rum Tourney
- **Thursday, July 16th**
Sheephead Tourney
- **Thursday, July 23rd**
Euchre Tourney
- **Thursday, July 30th**
Rum Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and prizes are awarded to 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLDEM:** Will be played **Monday, July 13th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives a cash prize. **Reservations are due by 10 a.m. the morning you play.**
- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. Wednesday, July 1st, Friday July 17th and Monday, July 27th.** It is a fun game that is easy to learn. Everyone is welcome! We play a quarter a game with the low score winning the game. **Please call in by 10 a.m. if you are coming in to play.**
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards including the jokers will be played at **12:30 p.m. Wednesday, July 15th and Friday, July 31st.** Bring your change, we play for 10 cents a round and 25 cents a game. **Please let us know by 10 a.m. if you are coming in to play.**

RAINBOW MESSENGER

- **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. Friday, July 10th and Wednesday, July 29th.** We have a lot of fun! **Please call in by 10 a.m. game day if you would like to play.**



- **SCRABBLE:** How about a little challenge? Come in to play Scrabble at **12:30 p.m. on Tuesdays, July 14th and 28th.** We have a lot of fun! **Please sign-up by 10 a.m. game day if you plan to attend.**
- **PHASE-10:** Will be played **Wednesday, July 8th and Tuesday, July 28 at 12:30.** It is a fun easy card game. We play a quarter a game. **Please call in by 10:00 a.m. if you would like to play.**
- **HEARTS:** Is a fun game we will play at **12:30 p.m. Monday, July 6th and Monday July 20th.** This game is easy to learn and very enjoyable. We play a quarter a game with low score winning! **Call in by 10:00 a.m. if you will be able to play.**
- **GOLF:** The card game will played **Tuesday, July 14th and Friday, July 24th at 12:30.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. to sign up.**

- **HAND AND FOOT:** A 2 handed, game of Hand and Foot Canasta. It's played with 1 deck per person plus 1 extra deck and all jokers. We will play individually. Join us **Thursday, July 16th at 12:30 p.m.** Please call in by **10:00 a.m.** if you would like to play.
- **Wii GAMES:** The Center has a Wii game hooked up to the large screen T.V. in the lower level of the facility. Golf, Tennis, Bowling, Boxing, Baseball, Zumba & Just Dance are available for you to play.
- **PUZZLES:** We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.
- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** **If you can play on Wednesday please call in by 10 a.m. to let us know.** New players welcome.

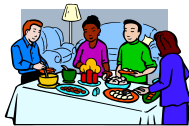
RAINBOW MESSENGER

SPECIAL ACTIVITIES

- **LUNCH BUNCH:** Meet at Los Bravos, Friday, July 31st at 11:00 a.m. Lunch specials are available. As always the meal is "dutch treat". Reservations are due by 12:00 p.m. Monday, July 27th. Come enjoy good food and visit with old friends & make new ones!



- **CATERED MEAL:** Will be held at 12:00 Wednesday, July 22nd with Catering by Meyer, preparing the meal. The menu will be: Roast Beef in gravy, mashed potatoes, green beans, sweet & sour tomatoes, wheat rolls, cake, and unsweetened iced tea. Cost of the meal is \$9.00. Please make your reservations by 3:00 p.m. Tuesday, July 14.



- **BOOMERAMA:** Monday, July 20th at 12:00, Cynthia Kerstiens will be the guest speaker. She is with Security One Lending and will discuss Reverse Mortgages. The program is free. There is a \$5.00 charge to cover the cost of the optional lunch. Reservations are due by 3 p.m. Friday, July 17th.



- **BOOK CLUB:** Will discuss "Smoke Screen" by Sandra Brown at 12:30 p.m. Thursday, July 9th. August's book will be "Sea Glass", by Anita Shreve. Set on the east coast at the beginning of the great depression. This book is based on the life of a young couple and the trials they go thru. New members are always welcome. (Meeting in The Library at Center)



- **WATER AEROBICS:** Jasper Municipal Pool every Monday & Wednesday morning at 11 a.m. The cost of the 45 minute class is \$4.00 per person, or a swim ticket.



TRIPS

JULY

VINCENNES, INDIANA Tuesday, July 28th

Guided tour of: Red Skelton Museum, Indiana Military Museum, Old Cathedral and Old Cathedral Library. Lunch will be Dogwood Catering an Amish Buffet. We will leave the Jasper High School at 8:00 a.m. Cost will be \$47.25 transportation, museum admission and lunch. Money due by 3:00 p.m. Monday, July 6th.

AUGUST



Cincinnati Reds vs St. Louis Cardinals Thursday, August 6th

Bus will leave the Jasper Armory at 7:45am and head to the Great American Ball Park. Game is set to start at 12:35pm; seats are in section 133. Cost for the trip will be \$70 which includes transportation and game ticket. Sign up by phone starting at 7:30am, Thursday, July 2nd. Money is due Friday, July 24th.

ELLIS PARK Friday, August 28th

Buses will leave the Jasper Armory at 11:00 a.m. with pick-ups in Huntingburg upon request. Cost of the trip is \$56.25 and includes transportation, buffet, race schedule, and reserved seating in the air conditioned Sky Theatre. Sign-ups start by phone at 7:30 a.m. Tuesday, July 21st. Money is due by 3:00 p.m. Monday, August 3rd. We are staying for all the races and should be home by 7:00 p.m.

NOTICE: For the trip in July the bus will leave from Jasper High School South Parking Lot. (South parking lot is closest to St. Charles Street.) The August trip will leave from the Jasper Armory.

- **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!

- **BOOK SHELF:** The books have been moved downstairs to The Habig Room. Thanks to the generosity of so many, we have a great selection of books for you to borrow.



- **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

- GENERATIONS is sponsoring INDIANA FIT & 50 SENIOR REGIONAL GAMES: The Active Aging Celebration will start the activities on Monday, August 3rd at the VU Student Recreation Center. They will have a speaker, torch ceremony, vendor fair and other activities. Games will be held at Vincennes University or around Vincennes, Tuesday, August 4th thru Saturday, August 15th. Register online at www.generationsnetwork.org or call 1-800-742-9002 by July 19th.

HAPPY BIRTHDAY

JULY



1st	Russell Starkey
7th	Brenda Schitter
7th	Kenny Cooper
8th	Shelba Schuetter
14th	Janice Nordhoff
15th	Denny Henke
22nd	Joan Meyer
28th	Mikki Stemle
29th	Judy Fluckey
30th	Tom Foisy

Anniversaries

JULY



7th	Barney & Valeda Moeller
18th	Jesse & Nora McCarty
19th	Phil & Patty Freeman

Recipe Exchange

Broccoli Salad



Ingredients:

1 bunch broccoli
1 head cauliflower
2 green onions, chopped
1 c. cheddar cheese, shredded
1/2 lb. bacon, fried and crumbled
1/2 c salad dressing
1/4 c. sugar
1 T. vinegar

Directions: Combine broccoli, cauliflower, green onions, cheddar cheese and bacon in large bowl. Top with dressing made of salad dressing, sugar and vinegar
Submitted from: Seasoned with Love cookbook

Have a good recipe to share? We would be happy to publish it.



There are over 400 books on hand for your reading pleasure including: love, inspirational and suspenseful books plus books by authors: Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels and others.

Call the Center at 683-2994 to make reservations for the Card Tournaments held at 12:30 p.m. on **Mondays**. You will enjoy the day!!

There will be Bingo all 5 Wednesdays, in July



Sign-up for: Ocean City, MD Trip September 20-25

Cost: \$554.00 per person (dbl. occupancy)

Contact Rita Reller at 683-2994 for more "info" or to make reservations.

\$100.00 deposit due at signing. Balance due by July 25

Make checks payable to The City of Huntingburg and bring or mail to The Huntingburg Senior Center, 309 N Geiger St., Huntingburg, IN 47546.



HUNTINGBURG SENIOR CENTER JULY 2015

The Huntingburg Senior Center now has games and activities available for those who don't play cards.

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Left, Right, Center	
Yahtzee	Puzzle books	
Sudoku	Left, Right	

Deer in the Headlights - A card & dice game. Several have learned to play this and really enjoyed it.

Boggle - A word game using scrambled letters and a timer.

Electronic dart board & a mini 9-hole golf to practice your putting skills.

****We have games scheduled for most days but you are free to do what ever interests you. You do not have to play the game of the day.****

Puzzle: We have one started, come in and help put it together!



CARRY-IN LUNCH

Thursday, July 9th and July 23rd Enjoy a delicious lunch with friends followed by cards & games if you choose to stay. Please bring a favorite dish to share. Bring a friend!



Don't quit walking just because the gym is closed. Walking trails are available in the City and around the county so you can continue your fitness routine.



**** Get your Blood Pressure Checked****
First Wednesday of the month from 12:30 - 1:00 p.m.

JULY BIRTHDAYS

Rich Kane - 1st
Pat Fischer - 10th
Kaye Heacock - 11th
Susan Kemp - 21st



JULY 2015

HUNTINGBURG SENIOR CENTER



Sun	Mon - 10-5	Tue - Closed	Wed - 10-5	Thu - 10-5	Fri - 10-4	Sat
309 N. GEIGER 812-683-2994 Phone & Fax Rita: 812-309-9576 or 536-5428			1 12:30 - 1:00 Blood Pressure Checks 1:00 Bingo Sponsor: HLS 2:00 Cards/Games	2 12:30 Cards/Games	3 CLOSED	4
5	6 12:30 Cinch Tourney Sponsor: Brookside	7 CLOSED	8 1:00 Bingo Sponsor: ViaQuest 2:00 Cards/Games	9 12:00 Carry-In Lunch Sponsor: St. Charles 1p.m. Games/Cards	10 CLOSED	11
12	13 12:30 Euchre Tourney Sponsor: The Timbers	14 CLOSED	15 1:00 Bingo Sponsor: Scenic Hills 2:00 Cards/Games	16 12:30 Games/Cards	17 CLOSED	18
19	20 12:30 Cinch Tourney Sponsor: Northwood	21 CLOSED	22 1 p.m. Bingo Sponsor: The Waters 2 p.m. Cards/Games	23 12:00 Carry-In Lunch 1p.m. Games/Cards	24 CLOSED	25
26	27 12:30 Euchre Tourney Sponsor: Viaquest	28 CLOSED	29 1 p.m. Bingo Sponsor: The Waters 2 p.m. Cards/Games	30 12:30 Games/Cards	31 CLOSED	